



**Indiana  
Department  
of  
Health**

# Drug Overdose Prevention Newscast

Dec. 13, 2022

## Updates

### Medical Device App Used for Studies on Opiate Withdrawal

Reflex is a mobile app that has been used in more than 200 clinics in the United States. The app uses pupillometry measurements to see how the eye's pupil size changes in response to a stimulus. Users can hold the phone camera up to their eye, tap the phone screen, and a light flashes to prompt a response from the pupil. Reflex is classified as a regulated medical device, and it can be used as a predictor for opiate withdrawal.

OpiAID, a data science company, is thrilled with the implications that Reflex may have for addressing the national opioid epidemic. Christopher Evonko, research study coordinator, notes that the data gathered from the Reflex app surpassed expectations and accurately measured the time elapsed since a patient's last opioid overdose.

"Accurate and reliable quantification of opioid withdrawal is important to guiding dosing decisions," Evonko said. The Reflex app is one of many technological advancements in place to address the opioid crisis.

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### Mental Health Initiatives in Morgan County

Kendrick Foundation, a not-for-profit organization based in Mooresville, has awarded \$927,381 to eight local organizations to address mental healthcare deficits in Morgan County.

Morgan County has been identified by the Health Resources and Services Administration as an area with a shortage of mental health professionals. As a county with a higher rate of overdose and suicide than the Indiana state average, intervention is critical. Funding these organizations, which include Adult and Child and Hoosier Action, will provide more mental health services for children, families, and at-risk individuals. For more information about current mental health initiatives in Morgan County, visit the link below.



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### Substance Use in the Midwest

Reporters for Side Effects Public Media, an extension of WFYI that focuses on health, recently hosted virtual listening sessions with 12 Midwest organizations to better understand how to accurately report about substance use. Representatives included public health department employees, peer recovery specialists and individuals in long-term recovery. Key takeaways included how to avoid stigmatizing language in journalism and understanding barriers to treatment. The first virtual listening session was hosted in November was so successful that reporters plan to meet again in December.

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## Upcoming Events

### Resilience Training for First Responders

**11:30 a.m.-12:45 p.m. PT, Dec. 13**

**Hosted by: Northwest MHTTC**

This webinar will discuss healthy boundaries and effective coping skills for those doing in-person crisis intervention and first responder work. The launching of the 988 National Suicide & Crisis Lifeline brings the need for staff who are resilient and practice professional distancing. Being a first responder takes a heavy toll, and this webinar will equip participants with techniques to care for their own well-being as they encounter trauma on a daily basis.

[CLICK THIS LINK](#)

### Managing the Inner Critic with Self-Compassion

**Noon-1 p.m. MT, Dec. 14**

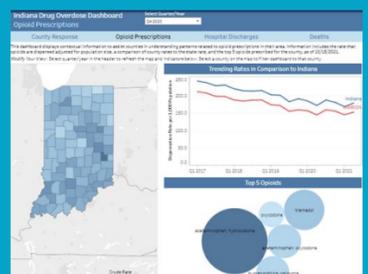
**Hosted by: Mountain Plains MHTTC**

We are our harshest critics. In this webinar, participants will learn how to practice self-compassion and recognize when their inner critic is present. Participants will engage in experiential exercises that will help them build their self-compassion skills.

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## Indiana Drug Overdose Dashboard

Please visit the [Indiana Drug Overdose Dashboard](#), where you will find data from 2017 up to provisional data for 2021. In this dashboard, you will find data regarding opioid prescriptions, hospital discharges, and drug-related deaths. You can use this dashboard to explore overdose data at the county and state levels.



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Indiana Department of Health

2 N. Meridian St. • Indianapolis, Indiana 46204 • 317-233-1325 • [health.in.gov](http://health.in.gov)

Division of Trauma and Injury Prevention

Mariah Kirksey • Drug Overdose Prevention Program Coordinator

Office: 317-233-7411 • Mobile: 317-903-9312 • Email: [mkirksey@health.in.gov](mailto:mkirksey@health.in.gov)

